



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 03214, Babyfood, cookies, arrowroot

Report Date: July 04, 2017 21:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	5.60	4	0.900	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	424	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Energy	kJ	1772	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Protein	g	7.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	10.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2013
Ash	g	1.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	75.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Fiber, total dietary	g	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Minerals													
Calcium, Ca	mg	32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	3.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	116	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	156	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	319	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Selenium, Se	µg	17.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	0.499	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	0.429	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	5.739	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	0.531	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Folic acid	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Folate, DFE	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin B-12	µg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E (alpha-tocopherol)	mg	3.86	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lipids													
Fatty acids, total saturated	g	1.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
4:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
8:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
10:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
14:0	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
16:0	g	0.447	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:0	g	0.415	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:0	g	0.094	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total monounsaturated	g	7.922	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
16:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:1 undifferentiated	g	7.821	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:1	g	0.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total polyunsaturated	g	0.591	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:2 undifferentiated	g	0.560	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:3 undifferentiated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009